

Apple Cinnamon Glazed Chicken



Recipe Rating	
Total Time	65 Minutes
Cooking Time	55 minutes
Total Labour	10 Minutes
Knife Skills	Basic





Equipment
<ul style="list-style-type: none"> • Measuring spoons and cup • Whisk • Mixing Bowl • ½ size- 2" deep production pans • Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

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Nutrition Facts		Valeur nutritive	
Per 1 serv (118g) / par 1 serv (118g)			
Amount			% Daily Value
Teneur			% valeur quotidienne
Calories / Calories	100		
Fat / Lipides	1.5g		2%
Saturated / satures	0g		
+ Trans / trans	0g		2%
Cholesterol / Cholesterol	45mg		
Sodium / Sodium	590mg		25%
Carbohydrate / Glucides	4g		1%
Fibre / Fibres	less than 1g		4%
Sugars / Sucres	3g		
Protein / Proteines	15g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			0%
Iron / Fer			0%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Chicken Breast, Cooked	4.9 kg	10.9 lbs.		
Applesauce	118 gm	4.2 oz.		
Apple Jelly	295 gm	10.4 oz.		
Mustard, Dijon	118 gm	4.2 oz.		
Cinnamon	2.4 gm	0.08 oz.		
Salt	5.3 gm	0.2 oz.		

Method	
	<p>1. In a bowl whisk together all ingredients, except chicken.</p>
	<p>2. Dip chicken breasts into mixture, and coat evenly on both sides.</p>
	<p>3. Transfer coated chicken breasts to 1/2 size- 2" deep production pans that have been prepared with nonstick spray. Cover with plastic wrap and aluminum foil. Place pan in Multigen for 55 minutes. Serve Hot.</p>
	<p>4. Bulk: remove from Multigen and serve with a side dish. Cold Plating: Plate with a side dish. Place on the hot side of the tray to retherm prior to service</p>
<p>Garnish: n/a Food Accompany: Any starch and/or vegetable side</p>	